



Dave Collins, Richard O'Sullivan, Nick Wigmore & Clive Greatorex at the Noonstone Fell Race.

**Many thanks**

**to all those who turned out to help at the Noonstone Fell Race**

**Our next race  
is the Flowerscar Fell Race**

**Wednesday May 7th  
Details on the What's On Page**

# Whats On

## **Pack Runs**

**APRIL— SHEPHERD'S REST**

**(6.45PM START)**

**7PM START**

**MAY - NEW DELIGHT**

**(BETWEEN BLACKSHAWHEAD  
AND COLDEN)**

**NO PACK RUN ON THE 7TH MAY AS  
FLOWERSCAR FELL RACE**

**JUNE - ROBIN HOOD,  
CRAGG VALE**

**JULY - SPORTSMANS,  
KEB COTE,  
LONG CAUSEWAY**

**AUG - HARE & HOUNDS,  
LANE ENDS,  
OLD TOWN**

**SEPT - MASONS ARMS,  
BACUP ROAD JUNCTION,**

## **FLOWERSCAR FELL RACE**

**WEDNESDAY 7TH MAY  
7PM**

**FROM  
HARE & HOUNDS BURNLEY RD  
TODMORDEN**

Entry free No prizes

Anyone available to help please ring  
Jon Wright on 07789 967212

Please note there will not be a pack run  
that night so either come a long and  
run or marshal.

**THURSDAY 8TH MAY**

## **COACH TRIP TO PENDLE**

Simon "Party Bus" Anderton will be collecting the money for the "Coach Trip to Pendle" from those who've put their names down - at the bargain price of £15 per head for coach and post-run meal.

There are 8 places left if anyone else wants to come on what promises to be a good night out - starting with a run over Pendle from the Nick of Pendle followed by pub grub in Downham and coach surfing on the way back to Tod .If you want to come let Simon know asap.

Trip is Thurs 8th May Coach will pick up at Hebden Bridge turning circle at 18.00 hrs and outside Cheers off-licence in Tod at 18.10

## **Interval/ Speed Work**

**Tuesdays at 6.30pm**

**AT TODMORDEN HIGH  
SCHOOL**

If you want to improve your speed/ recovery rates then come along.

Graeme Wrench runs the sessions and is a level 3 coach. He is there to help you with your running style etc.

It definitely works, just look at how some runners i.e Claire Duffield have been seen to improve so come along—all abilities welcome.

## **Contributions**

Please pass onto Mandy (mandy@todharriers.co.uk) or Andrew (andrew@andrewbibby.com)

# Awesome Toddlies

Official English Championship team standings after Black Combe:

Open Mens team 9th  
V40 mens team 4th  
V50 mens team 3rd  
Ladies open team 7th

Ladies open Ali Richards 26th  
Ladies V40 Chris Preston 16th  
Ladies V45 Kath Brierley 10th  
Ladies V50 Jane Smith 4th

Mens V40 Andrew Wrench 2nd  
Chris Smale 3rd

Mens V50 Dave Collins 15th with Steve Brandwood and Martin Roberts not far behind  
Mens V60 Peter Ehrhardt 13th

Let's keep up the pressure - we have a good chance of winning some medals this year!

The more runners we have entered the better the chance we have.

Get your entries in now to

Blackstone Edge Pre-entry by June 22nd on FRA form Cheques payable to Kevin Shand (no recceing of course)

Kentmere Pre-entry only - no limit - FRA universal entry with cheque for £4.50 to Pete Bland by 12th July - post to 12 Danes Rd, Staveley, Kendal LA8 9PW

Borrowdale <http://www.borrowdalefellrunners.co.uk/> Download entry form from May 31st - **this race will fill up in a couple of days (max 500)**

Dufton [http://www.c-f-r.org.uk/dufton\\_08.htm](http://www.c-f-r.org.uk/dufton_08.htm) Pre-entry only by end July on FRA universal entry form on website - send without payment - Pay entry to show field

Full English Champs standings at: <http://www.fellrunner.org.uk/championships.htm>

Cheers  
Phil



Ben Crowther at the Noonstone



## WELCOME TO NEW MEMBERS

Petra Davey  
David Henthorne  
Graham Milnes  
Alastair Rhodes-Dawson  
Nigel Harvey  
Laurence Bristow  
Katy Moore  
Jill Greenfield  
Sean Carey  
Mark Rice  
Katie Jukes  
Clive Greatorex

# Coming up in the Grand Prix championship

Three GP races in May coming up, and another four in June - something for all tastes, including a couple of short local fell races for club members looking to build up their experience of racing.

Saturday May 3<sup>rd</sup> is the date for the Coniston fell race, which as usual is being held over the May Day bank holiday weekend. Coniston is a nine-mile horseshoe race from Coniston village, taking in Coniston Old Man (of course) as well as Wetherlam and Brim Fell (don't be tempted on to Dow Crag, however). Already quite a few Toddlies are planning a camping weekend in Coniston to link in with the race (more information on the forum or on pack run evenings). Get your race application in soon, though, as the race may fill up. Get the entry form and more details from [www.conistonfellrace.org.uk](http://www.conistonfellrace.org.uk)

You won't need to go further than Mytholmroyd for the race the following weekend. The Mytholmroyd Fell race, organised by Halifax Harriers, is a seven-miler (1350') on our own much loved moors. 11.30am start. This should be an entry on the day race.

May's road race is the Hendon Brook 13.5, in the roads round the back of Nelson and Colne. This hilly route has featured in our GP before. Entry form hopefully with this Torrier, if we can track one down.

June starts promptly with a choice of two races on Sunday June 1<sup>st</sup>. If it's a fell race you fancy, the Saddleworth race involves a three mile dash up and down Alderman hill (Pots and Pans stpnes) near Greenfield (just past Diggle and Delph, and really not far away). 12 noon start. Entry on day only.

The same day (not June 3<sup>rd</sup> as originally published in the Torrier) is the Roberttown 7 mile road race. This is another old favourite for many. Just beyond Brighouse.

Sun June 15<sup>th</sup> is a long fell race, the Kinder Trog (16m/3490 ft), starting from Hayfield scout hut. This was in our GP last year, and all the reports were very positive. It involves a traverse of the Kinder downfall, but is a longer and somewhat more challenging route than the Kinder Downfall race which some in the club ran in April. Details of the route (including a profile) are at <http://www.cs.man.ac.uk/temples-bin/hc.pl?a=prof&d=hc&f=kinder-trog>. Entries on the day only (makes a refreshing change...)

Finally, the Blackstone Edge short fell race just at the back of our hills near Littleborough is on Sat June 28<sup>th</sup>. This is an English championship race this year, so you really will need to get your booking in urgently. Send a standard FRA booking form in to Kevan Shand, 13 Chichester Close, Smithy Bridge, Littleborough, OL15 8QL, together with a cheque for £4. We don't know who to write the cheque to but we're guessing that 'K Shand' will do.

**And of course: the Three Peaks on April 26<sup>th</sup> (entries closed)**

## Enter your races ASAP

**For some reason running has suddenly become popular and all races are filling up fast, even non championship races. So don't leave it till last minute enter NOW.**

## Forthcoming Fell Races

By 'April Fool' Duffield

Tuesday 22<sup>nd</sup> April 7pm

**Bunny Run 4** CS 3 miles/ 300ft

Old Sun Hotel, Haworth

*Egg themed, eyeballs out, extravaganza.*

Tuesday 29<sup>th</sup> April 7:30pm

**Bunny Run Relay** (Run over three legs. 1<sup>st</sup> leg 2.5 miles, 2<sup>nd</sup> and 3<sup>rd</sup> 2 miles each)

Old Sun Hotel, Haworth

*Teams can be families, clubs, bizarre ménage a trios, or just good friends.*

Monday 5<sup>th</sup> May 12 noon

**Coiners Fell Race** BM 7 miles/ 1100ft

Mytholmroyd Community Centre

('Royd Commy')

*Always gets good reports, suitable for all but the most navigationally challenged. Visits Stoodley Pike, one of at least seven fell races to do so (worked that out in the pub last week).*

Wednesday 7<sup>th</sup> May 7pm

**Flower Scar Fell Race** AS 4

miles / 1400ft

Hare and Hounds, Burnley Road,

Tod

*A Harriers production. There will be no pack run that night to allow for the plethora of running, marshalling, supporting opportunities at this race. I would think they'll be further details elsewhere in the Torrier.*

Sunday May 11<sup>th</sup> 11:30

**Mytholmroyd Fell Race** BM 7 miles/ 1350 ft

'Royd Commy'

In the GP so info elsewhere.

Tuesday 13<sup>th</sup> May 7:15pm

**Jack Bloor Race** BS 5.2 miles /1150 ft

Darwin Gardens, Ilkley

*Perhaps not altogether local, but a good 'un. A strong navigational element so if possible follow a Ilkley vest. Interesting prehistoric rock art on several of the rock outcrops that the race goes past. If you have the time to look.*

## Forthcoming Road races

By Mel Blackhurst

Sunday 20th April-11am **Garstang Gallop 10k**

from Garstang Sports and Social Club. I never realised that "Gallop" was such a popular race name!! Anyway this is not like Guiseley but a mud-free undulating road race.

Sunday 20th April-**Radcliffe 10k** 11am. I know very little about this one but apparently it is "mild" compared to what we usually do!!

Sunday 27th April 9AM **Blackpool full and half marathons**. Flat and more flat!! Not too late to enter but too late to put in the training!! Start Hilton Hotel on Promenade. Traffic free!! Previously held in June, when I really suffered!!

Sunday 4th May-**Bluebell 10 miles** 10am-A popular, well organised race with everything-trails, canal bank, bluebell woods, stiff climb, slippery step descent and a river to wade through at the end!(It's a right shame it clashes with Coniston this year as previously our best attended club race!!) £8 -can enter on day too.

Tuesday 6th May-  
7pm **4.2m Tracy's Cowm Park Trail-blazer, Whitworth**. Start by Red Lion Inn, Whitworth. An Andy O'Sullivan one.

Tuesday 13th May-7.15pm **Geoff Doggett Memorial 5K Road Race**, Littleborough £3 on night. Another Andy organised race.

Saturday 17th May-**Meanwood Valley Trail Race**- 7.5 miles on footpaths and valley trail. The first race I have seen which specifically bans ipods!! Advisable to preenter as last year filled up a few days before the race.

Sunday 18th May-**Hendon Brook half marathon**. Details hopefully elsewhere in Torrier-hilly and usually hot!!

More details on [uk.results.net](http://uk.results.net)



# **30th Anniversary**

*This year is the 30<sup>th</sup> anniversary of  
the founding of Todmorden Harriers*

*Saturday 21st June*

*We will be running 30k around Todmor-  
den*

*Put this date in your diary and come  
along for all or part of it.*

*Starting and finishing at the Kebs*

*Full details next month*

*We have also commissioned a special beer to be given out as spot prizes at races as  
at the Noonstone and have some special race numbers.*

**Stop press  
Hendon Brook Half Marathon**

**Sunday 18th May**

11 am start from Marsden Park Golf Course  
-next to Hendon Brook School (near Nelson). It is very hilly!

Anyone who needs an entry form can ask me or e  
-mail me at [melblackhurst@3-C.coop](mailto:melblackhurst@3-C.coop).

Mel B



# RACE RESULTS

## Black Combe

08/03/08

(1st 1.07.54; 2nd 1.10.41; 3rd 1.12.49)

		time	fell pts	GP pts
Andrew Wrench	M40	1.18.35	97.7	102.5
Chris Smale	M40	1.18.48	97.5	104.2
Dave Collins	M50	1.28.23	86.9	100.7
Andy McFie	M	1.28.45	86.5	86.5
Steve Branwood	M50	1.29.24	85.9	99.6
Martin Roberts	M50	1.30.41	84.7	96.1
James Riley	M	1.38.13	78.2	78.2
Alison Richards	F	1.38.54	77.7	85.9
Phil Hodgson	M50	1.41.07	76.0	87.1
Ben Crowther	M	1.41.56	75.4	75.4
Rhys Watkins	M40	1.42.44	74.8	78.4
Richard Leonard	M45	1.45.17	73.4	77.7
John Preston	M40	1.44.42	73.2	91.3
Kath Brierley	F45	1.44.57	73.0	81.9
Chris Preston	F40	1.45.24	72.9	87.6
Claire Duffield	F35	1.46.23	72.2	79.9
Jane Lenoard	F50	1.47.41	71.3	93.7
Jeremy Godden	M45	1.48.25	70.8	79.6
Derek Donoghue	M45	1.49.40	70.0	77.9
Sue Roberts	F45	1.58.07	65.0	80.1
Mel Blackhurst	F40	2.01.38	63.1	75.0
Peter Ehrhardt	M60	2.01.58	63.0	82.0
Mandy Goth	F45	2.05.23	61.3	77.4

## Lytham 10m

16/3/08

(1st 54.26; 2nd 54.37; 3rd 55.30)

		time	road pts	GP pts
Mick Craven	M50	1.11.05	77.2	85.6
Richard O'Sullivan	M45	1.11.18	76.9	82.7
Richard Butterwick	M	1.12.50	75.3	75.3
Jeff Anderson	M45	1.15.31	72.6	78.1
Lucy Hobbs	F35	1.16.44	71.5	81.5
Stephen Burnip	M50	1.17.56	70.4	80.0
Nigel Hanson	M50	1.18.29	69.9	78.2
Myra Wells	F50	1.29.27	61.3	78.5
Katy Moore	F35	1.40.37	54.5	61.1
Laurence Bristow	M	1.47.38	51.0	51.0

## Guseley Gallop (8.5k)

23/03/08

(1st 32.01; 2nd 36.47; 3rd 36.53)

		time	road pts	GP pts
Paul Brannigan	M40	39.01	90.3	95.0
Nick Barber	M	39.43	88.7	88.7
Simon Galloway	M40	41.10	85.6	90.7
Mick Craven	M50	42.41	82.5	91.6
Richard O'Sullivan	M45	43.32	80.9	87.0
Melanie Blackhurst	F40	43.56	80.2	94.8
Richard Butterwick	M	44.12	79.7	79.7
Claire Duffield	F35	44.29	79.2	87.6
Peter Ehrhardt	M60	49.53	70.6	87.1
Steve Burnip	M50	50.12	70.2	79.8
Elise Milnes	F45	51.10	68.8	86.3
Dave O'Neill	M50	51.39	68.2	75.7
Michael Hennigan	M60	52.03	67.7	82.7
Moyra Parfitt	F60	52.04	67.7	100.8
Graham Milnes	M50	55.59	62.9	71.0
Myra Wells	F50	56.20	62.5	80.0
Ian Stansfield	M65	1.11.52	49.0	62.3

## Midgley Moor

29/03/08

(1st 38.28; 2nd 38.34; 3rd 39.34)

		time	Fell pts	GP pts
Dave Collins	M50	48.44	79.8	92.4
Simon Galloway	M40	49.44	78.2	83.5
Mick Craven	M50	53.17	72.9	83.6
Claire Duffield	F35	53.28	72.7	80.4
Chris Preston	F40	53.58	72.0	86.6
Kath Brierley	F45	54.59	70.7	88.2
Richard Leonard	M45	55.29	70.1	78.7
Mel Blackhurst	F40	56.35	68.7	81.6
Lisa Parsons	F40	57.42	67.4	78.2
Sarah Warburton	F	59.33	65.3	72.2
Richard O'Sullivan	M45	1.00.27	64.3	70.1
Jane Leonard	F50	1.02.34	62.1	81.6
Kevin Coughlan	M45	1.03.15	61.4	67.0
Peter Ehrhardt	M60	1.03.37	61.1	79.6
Dave O'Neill	M50	1.03.39	61.1	69.3
Steve Burnip	M50	1.05.49	59.1	69.2
Moyra Parfitt	F60	1.07.33	57.5	92.0
Helen Hodgkinson	F35	1.07.41	57.4	63.5
Michael Hennigan	M60	1.08.06	57.1	73.4

## Oldham Half Marathon

6/4/08

(1st 1.19.48; 2nd 1.21.20; 3rd 1.21.41)

		time	road pts	GP pts
Richard O'Sullivan	M45	1.42.46	78.8	84.7
Mel Siddall	F45	1.51.56	72.3	78.8
Peter Ehrhardt	M60	1.54.33	70.7	87.2
Stephen Burnip	M50	1.56.23	69.5	79.1

2008 FELL TABLE			Midgley Moor	Black Combe	Wadsworth Trog	Fell Races	Points
1	Christine Preston	F40	72	72.9	75.3	3	220.20
2	Claire Duffield	F35	72.7	72.2	62.2	3	207.10
3	Kath Brierley	F45	70.7	73.2	62.6	3	206.50
4	Richard Leonard	M45	70.1	73	63.3	3	206.40
5	Jane Leonard	F50	62.1	71.3	67.3	3	200.70
6	Melanie Blackhurst	F40	68.7	63.1	67	3	198.80
7	Andrew Wrench	M40		97.7	93.2	2	190.90
8	Dave Collins	M50	79.8	86.9		2	166.70
9	Steve Brandwood	M50		85.9	75.7	2	161.60
10	Alison Richards	F		77.7	66.5	2	144.20
11	Rhys Watkins	M40		74.8	64	2	138.80
12	Richard O'Sullivan	M45	64.3		61.6	2	125.90
13	Peter Ehrhardt	M60	61.1	63		2	124.10
14	Chris Smale	M40		97.5		1	97.50
15	Andy McFie	M		86.5		1	86.50
16	Martin Roberts	M50		84.7		1	84.70
17	Andrew Horsfall	M40			83.9	1	83.90
18	Simon Galloway	M40	78.2			1	78.20
19	James Riley	M		78.2		1	78.20
20	Phil Hodgson	M50		76		1	76.00
21	Ben Crowther	M		75.4		1	75.40
22	Lee McCluskey	M50			73.6	1	73.60
23	John Preston	M40		73.4		1	73.40
24	Mick Craven	M50	72.9			1	72.90
25	Jeremy Godden	M45		70.8		1	70.80
26	Derek Donoghue	M45		70		1	70.00
27	Lisa Parsons	F40	67.4			1	67.40
28	Nick Barber	M			66.8	1	66.80
29	Sarah Warburton	F	61.4			1	61.40
30	Sue Roberts	M45		65		1	65.00
31	Kevin Coughlan	M45	61.4			1	61.40
32	Mandy Goth	F45		61.3		1	61.30
33	Dave O'Neill	M50	61.1			1	61.10
34	Stephen Burnip	M50	59.1			1	59.10
35	Moyra Parfitt	F60	57.5			1	57.50
36	Helen Hodgkinson	F35	57.4			1	57.40
37	Michael Hennigan	M60	57.1			1	57.10

2008 ROAD TABLE			Huddersfield 10k	Guiselley Gallop 10k	Lytham 10m	Lytham 10m	Road Races Points
1	Richard O'Sullivan	M45	71.8	80.9	76.9	76.9	4 308.40
2	Stephen Burnip	M50	67.1	70.2	70.4	70.4	4 277.20
3	Richard Butterwick	M	76.6	79.7	75.3	75.3	3 231.60
4	Myra Wells	L50	57.5	62.5	61.3	61.3	3 181.30
5	Mick Craven	M50		82.5	77.2	77.2	2 159.70
6	Melanie Blackhurst	L40	71.8	80.2			2 152.00
7	Peter Ehrhardt	M60		70.6			2 141.30
8	Lucy Hobbs	L35	68.0		71.5	71.5	2 139.50
9	Nigel Hanson	M50	66.3		69.9	69.9	2 136.20
10	Elise Milnes	L45	62.9	68.8			2 131.70
11	Michael Hennigan	M60	63.9	67.7			2 131.60
12	Moyra Parfitt	L60	60.9	67.7			2 128.60
13	Paul Brannigan	M40		90.3			1 90.30
14	Nick Barber	M		88.7			1 88.70
15	Simon Galloway	M40		85.6			1 85.60
16	Claire Duffield	F35		79.2			1 79.20
17	Lee McCluskey	M50	76.1				1 76.10
18	Andrew Bibby	M50	73.5				1 73.50
19	Jeff Anderson	M45			72.6	72.6	1 72.60
20	Mel Siddall	F45					1 72.30
21	Dave O'Neill	M50		68.2			1 68.20
22	Kevin Coughlan	M45	67.4				1 67.40
23	Graham Milnes	M50		62.9			1 62.90
24	Mandy Goth	L45	59.7				1 59.70
25	Katy Moore	L35			54.5	54.5	1 54.50
26	Laurence Bristow	M			51.0	51.0	1 51.00
27	Ian Stansfield	M65		49.0			1 49.00



2008 GRAND PRIX TABLE				Midgley Moor	Black Combe	Wadsworth Trog		Huddersfield 10k	Guisley Gallop 10k	Lytham 10m	Oldham 1/2m	Qualified?	Fell Races	Road Races	Points
1	Richard O'Sullivan	M45	6	70.1		67.1		77.2	87.0	82.7	84.7	X	2	4	468.8
2	Melanie Blackhurst	F40	5	81.6	75.0	79.6		84.9	94.8			X	3	2	415.9
3	Stephen Burnip	M50	5	69.2				76.3	79.8	80.0	79.1	X	1	4	384.4
4	Peter Ehrhardt	M60	4	79.6	82.0				87.1		87.2	X	2	2	335.9
5	Claire Duffield	F35	4	80.4	79.9	68.8			87.6			X	3	1	316.7
6	Moyra Parfitt	F60	3	92.0				90.7	100.8			X	1	2	283.5
7	Christine Preston	F40	3	86.6	87.6	90.5						X	3	0	264.7
8	Jane Leonard	F50	3	81.6	93.7	88.3						X	3	0	263.6
9	Mick Craven	M50	3	83.6					91.6	85.6		X	1	2	260.8
10	Kath Brierley	F45	3	88.2	91.3	78.1						X	3	0	257.6
11	Michael Hennigan	M60	3	73.4				78.0	82.7			X	1	2	234.1
12	Myra Wells	F50	3					73.5	80.0	78.5		X	0	3	232.0
13	Richard Butterwick	M	3					76.6	79.8	75.3		X	0	3	231.7
14	Richard Leonard	M45	3	78.7	81.9	71.0						X	3	0	231.6
15	Andrew Wrench	M40	2		102.2	97.7						X	2	0	199.9
16	Dave Collins	M50	2	92.4	100.7							X	2	0	193.1
17	Steve Brandwood	M50	2		99.6	86.8						X	2	0	186.4
18	Simon Galloway	M40	2	83.5					90.7			X	1	1	174.2
19	Lee McCluskey	M50	2			83.5		84.4				X	1	1	167.9
20	Elise Milnes	F45	2					78.9	86.3			X	0	2	165.2
21	Alison Richards	F	2		85.9	73.6						X	2	0	159.5
22	Lucy Hobbs	F35	2					77.5		81.5		X	0	2	159.0
23	Nick Barber	M	2			66.8			88.7			X	1	1	155.5
24	Nigel Hanson	M50	2					74.2		78.2		X	0	2	152.4
25	Mandy Goth	F45	2		77.4			74.2				X	1	1	151.6
26	Rhys Watkins	M40	2		78.4	67.2						X	2	0	145.6
27	Dave O'Neill	M50	2	69.3					75.7			X	1	1	145.0
28	Kevin Coughlan	M45	2	67.0				72.5				X	1	1	139.5
29	Chris Smale	M40	1		104.2							X	1	0	104.2
30	Martin Roberts	M50	1		96.1							X	1	0	96.1
31	Paul Brannigan	M40	1						95.0			X	0	1	95.0
32	Mel Siddall	F45	1								88.9	X	0	1	88.9
33	Andrew Horsfall	M40	1			88.8						X	1	0	88.8
34	Phil Hodgson	M50	1		87.1							X	1	0	87.1
35	Andy McFie	M	1		86.5							X	1	0	86.5
36	Andrew Bibby	M50	1					84.3				X	0	1	84.3
37	Sue Roberts	F45	1		80.1							X	1	0	80.1
38	Jeremy Godden	M45	1		79.6							X	1	0	79.6
39	Lisa Parsons	F40	1	78.2								X	1	0	78.2
40	James Riley	M	1		78.2							X	1	0	78.2
41	Jeff Anderson	M45	1							78.1		X	0	1	78.1
42	Derek Donoghue	M45	1		77.9							X	1	0	77.9
43	John Preston	M40	1		77.7							X	1	0	77.7
44	Ben Crowther	M	1		75.4							X	1	0	75.4
45	Sarah Warburton	F	1	72.2								X	1	0	72.2
46	Graham Milnes	M50	1						71.0			X	0	1	71.0
47	Helen Hodgkinson	F35	1	63.5								X	1	0	63.5
48	Ian Stansfield	M65	1						62.3			X	0	1	62.3
49	Katy Moore	F45	1							61.1		X	0	1	61.1
50	Laurence Bristow	M	1							51.0		X	0	1	51.0

## Recent Press Reports by Colin Duffield & Phil Hodgson

### Ilkley Moor/High Cup Nick/ Huddersfield 10k

Press Date 26/02/08

#### ***Experience Made To Count On Ilkley Moor***

Once again it was the veterans to the fore for Todmorden Harriers last weekend as Tod runners took home prizes at the prestigious Ilkley Moor fell race. The five mile race, which squeezes a hefty 1260 feet of climbing into its modest length, starts in the outskirts of Ilkley before heading up for a breezy tour of the famous moor.

The race was won by Ilkley local Graham Pearce, running in the colours of Pudsey and Bramley and crossing the line in a time of 39.13. Hard on the winner's heels in the chasing pack were Todmorden stars Chris Smale and Sean Willis who finished 5<sup>th</sup> and 6<sup>th</sup> overall in the high quality 260 strong field, with Smale registering a time of 40.49 and edging out his club mate by just half a minute to take the prize for first over 40.

Other notable Harriers results at Ilkley were Dave Collins who was third veteran 50 in a time of 48.02, and Jane Smith who narrowly missed out on first veteran 50 lady, finishing in 56.34.

Another Harrier making his mark on the fells last weekend was Martin Roberts who made the lonely solo journey to Dufton for the High Cup Nick Fell Race. A tough, high level, eight miler around one of the wilder areas of the North Pennines. Roberts was rewarded for his attendance with a prize for second veteran 50, completing the course in 1.16.24, giving him 27<sup>th</sup> place overall in the 150 finishers.

Whilst these athletes were on the moors, a contingent of Harriers hit the road for the Huddersfield 10k Race. First Tod man home was promising newcomer Richard Butterwick in 77<sup>th</sup> position in the four hundred strong field, with fellow Harriers Lee McCluskey and Andrew Bibby finishing just behind.

### Noon Stone

Press Date 06/03/08

#### ***High Time At Noon Stone For Fell Runners***

Recent rain and high winds did nothing to deter a near record field of 213 runners at Saturday's Noon Stone Fell Race on Langfield Moor.

The race, a tough nine-miler organised by Todmorden Harriers, is regarded as a Pennine Classic and in recent years has twice been chosen as a national championship race by the Fell Runners Association. Although the national championships will take place elsewhere this year, the Noon Stone was never the less chosen as a counter in several clubs' own championships, including Todmorden's neighbouring club Calder Valley Fell Runners, as well as Bingley Harriers, Rochdale Harriers, and Rossendale Harriers. With such a number of clubs turning out in force, a high quality field was inevitable, and there was even some pre race talk of Andrew Wrench's fourteen year old record being under threat.

After a delayed start due to the bumper turn out, the runners left Lumbutts at the just after midday and as they reached the top of the first arduous climb at the summit of Coldwell Hill, all the fancied names were at the sharp end, with Salford's international mountain runner, John Brown, leading the way from locals Karl Gray and Shaun Godsman of CVFR, with Todmorden based James Logue who runs in the red of Horwich RMI also in close contact.

First lady to the top of Coldwell was last year's winner Janet McIver of Dark Peak Fell Runners, with Anna Lupton of Radcliffe chasing in second and running hard as the field turned and headed towards Stoodley.

These early front runners stayed in charge as the race wound its way around Langfield Common, visiting Stoodley Pike before dropping towards Cragg Vale before the tricky navigational section across the pathless moor where vital seconds were gained and lost before heading for home.

As the runners started to make their way towards the last descent it was Brown who seemed to be in control, but a break-neck charge down the steep, last hill by Shaun Godsman saw the Calder Valley man pull Brown back and briefly get in front before the Salfordian put in a finishing kick with only a hundred metres to go and secured victory in a time of 1.10.35, his final winning margin just four seconds. A short time later Karl Gray followed these two across the line, with first Todmorden runner being Andrew Wrench who finished in 9<sup>th</sup> place, but his race record remains unbeaten.

The ladies race was won by Janet McIver in a time of 1.21.48, a fast time, giving her the luxury of tackling the last section of the course with daylight between her and second placed lady Anna Lupton.

Both team prizes went to 'the raiders from down the valley' Calder Valley Fell Runners, with Godsman, Gray and Jason Stevens making up the men's team, and Gayle Sugden, Sharon Godsman, and Claire Hanson counting for the ladies.

All the day's winners received a special bottle of 'Todmorden Harriers 30<sup>th</sup> Anniversary Ale', specially brewed for the club by Bare Arts Brewery.

After the race a Todmorden Harriers spokesman thanked the land owners for their help putting the race on, the landlord and staff of the Top Brink for their excellent hospitality throughout the day, and finally all the runners for turning out in difficult conditions and making the race a success.

### Black Combe

Press date 13/03/08

#### ***Harriers Start their Bid For National Glory***

The fell running English Championship 2008 got off to a whirlwind start at the Black Combe Fell Race on Saturday 4<sup>th</sup> March. The calm conditions at the start, in the village of Silecroft on the southern edge of the Lake District, belied the vicious conditions the runners would face as they traversed the high summits on the race route. As to be expected with the first counter in

the six race series that makes up the English Championship, it was a large field with 318 runners lining up at the start. Most of the top names in English fell running, both male and female, were there with the aim of getting the season off to a good start. Calderdale clubs, continuing their inexorable rise up the rankings, contributed nearly 15 per cent of the field with 23 Todmorden Harriers and 19 Calder Valley Fell Runners making the trip north.

The eight mile race, which includes 3,400 feet of ascent, is usually a tough, but straightforward romp up trails to the summit of Black Combe, down grassy paths over White Combe, up a character building ridge, over the summit of Black Combe for a second time before finishing with a headlong dash back down to Silecroft. However, this year's race day introduced another dimension as low cloud shrouded the high ground and storm force winds and hail lashed the ridges. Navigational chaos ensued as some of the fell running elite, focused more on speed than direction, managed to miss the checkpoint on the first summit. The middle order, having successfully stuck to the correct route, found themselves unexpectedly in front of these faster runners before natural order was restored as the elite boys sprinted past them on the second climb up Black Combe. It was at this point on the route that most of the runners endured a stinging hailstorm before plunging downhill to more hospitable terrain and the finish.

Rob Jebb and Rob Hope, 4<sup>th</sup> and 2<sup>nd</sup> respectively in the 2007 English Championships, dominated the race from the start, pulling away from Ian Holmes and John Heneghan on the climb up to Black Combe. Rob Jebb made his move on the last big climb pulling nearly a minute ahead and, combined with his fast descent to the finish came in to win nearly three minutes in front of Rob Hope in a time of 1.07.54. Simon Booth came in two minutes after Rob Hope in third place. Fell running legend, Ian Holmes, managed the first veteran 40 placing and 12<sup>th</sup> overall despite a navigational error on White Combe.

The day saw more great individual and team performances by Todmorden Harriers with Andrew Wrench finishing 16<sup>th</sup> overall and 2<sup>nd</sup> veteran 40 and Chris Smale in 19<sup>th</sup> overall and 3<sup>rd</sup> veteran 40 which made a major contribution to achieving 3<sup>rd</sup> place in the vet 40 team placings. Tod's vet 50s also put in a stirring performance to take 3<sup>rd</sup> vet 50 team placing with Dave Collins in 101<sup>st</sup> position with only 28 places separating him from Tod's other two counters, Steve Brandwood and Martin Roberts. The ladies team showed great strength in depth with Ali Richards, Kath Brierley and Chris Preston gaining 7<sup>th</sup> place in the ladies team category and Jane Leonard, celebrating her marriage the day before in fine style, gained the 4<sup>th</sup> lady vet 50 place.

Calder Valley ladies, 3<sup>rd</sup> in the English Championships in 2007, showed their class with Helen Fines taking the 2<sup>nd</sup> lady placing and Sally Newman taking 1<sup>st</sup> lady vet 40 and vet 45. With Jo Waites as third counter they came 2<sup>nd</sup> in the ladies team category.

### **Lytham 10 Mile/Windmill Whizz/ Haworth Hobble**

Press Date 20/04/08

#### ***Chris Has The Fizz To Win The Whizz***

The latest round in the Todmorden Harriers Road Championships took the runners on a trip to the seaside last Sunday for the Lytham Ultrafit 10 Mile Race. The race is a fast gallop on the wide, flat roads of St Annes and starts in North Beach Car Park and goes to the famous Lytham Windmill and back.

The weather was cool with a chilly breeze coming off the sea, making the day more suitable for running than ice creams on the promenade. Ten Harriers were present amongst the starting pack of 350 runners, many of the Todmorden runners being new, and highly promising signings for the club.

Foremost amongst the Tod runners was superveteran Mick Craven who put in an excellent performance to finish 111<sup>th</sup> in a time of 1:11:05, he was followed just twelve seconds later by fellow Harrier Richard O'Sullivan. Next Todmorden man home was another new face on the scene, Richard Butterwick, who crossed the line in 127<sup>th</sup> place.

Amongst the women, Lucy Hobbs has first Harrier home in a creditable 1:16:44, giving her 144<sup>th</sup> spot overall.

Closer to home at Ogden Reservoir, the six mile Windmill Whizz Trail race attracted three Harriers, but what the local club lacked in numbers was more than made up for in quality as the competing trio took home a hat full of prizes.

Star of the day was Chris Smale who took the rest of the field apart and recorded his second win in the race following his success in 2006. By the final run in, Smale was so in command that he was over a minute clear of second placed Neil Armitage of Pudsey and Bramley, and coasted over the line in a time of 39:20. There was also success for Dave Collins who finished in 45:30 and seventeenth place overall, in the process taking another veteran 50 prize in a season that's looking like it could be a vintage year for him. Joining the men in the prizes was Lynne Griffiths who was third lady in 56:14 and also scooped the ladies' veteran plaudit.

In another event last weekend, the emphasis was definitely on endurance, as Keighley and Craven AC hosted their annual long distance event, The Haworth Hobble. The race was slightly longer than in recent years, weighing in at a hefty 33 miles, ran in a wide traverse of Bronte country, visiting Todmorden and Hebden Bridge before returning to Haworth. The race has both a pairs and solo classes, this year Tod's emphasis seemed to be in 'pairing up' for the journey.

Whilst the number of Todmorden Athletes recorded as finishing was somewhat artificially low due to Harriers representing other clubs, the first runners home in Todmorden colours were female pairing Claire Duffield and Kath Brierley who finished in just under six and a half hours, giving them 149<sup>th</sup> place overall. Next Todmorden pairing was John Preston and Stuart Boulton, who followed them home some twenty minutes and thirty places later. Also competing for the Harriers were Rachael Lockley and Elise Milnes who stopped the clock in eight and a half hours.

### **Guiselay Gallop/ Causey Pike**

Press Date 27/04/08

#### ***Snow Adds To Test At Easter***

A wintery Easter holiday period did nothing to cool the frenetic pace of the 2008 Todmorden Harriers Club Championships. The latest counter in the series, the Guiseley Gallop Trail Race, took place immediately after the worst of the snow storms on Easter Sunday and as a consequence was run on an alternative bad weather route which avoided the dangerous sections

of canal towpath that could have seen runners taking an unexpected plunge on any lingering patches of snow and ice. This also shortened the race a little from its advertised 10k.

With a recent surge in popularity of trail running, the starting field numbered over four hundred and competition was fierce, before Ian Fisher of Otley AC stamped his authority on the race, winning in a time of 32.01. After Fisher, a large number of runners crossed the line in quick succession, the 16 Todmorden runners who completed the course giving a good account of themselves. First Harrier home was Paul Brannigan who stopped the clock in 39.01, giving him 18<sup>th</sup> position, and confirming his ongoing rehabilitation after a couple of years troubled by persistent illness and injury. Second Tod man was promising newcomer, Nick Barber, who finished just 40 seconds and eleven places behind Brannigan after a nip and tuck battle throughout the race.

In the ladies' race, although none of the Tod women could challenge race winner Cath Farrow of Leeds club, Valley Striders who completed in 39.57, some impressive runs gained places on the podium. Mel Blackhurst second lady veteran 40 with a time of 43.56, Claire Duffield first lady veteran 35 in 44.29, and Moyra Parfitt taking the ladies' veteran 60 prize with a finishing time of 52.04 .

A little further north, Todmorden Harriers' Ali Richards was ploughing a lonely furrow in the Causey Pike Fell Race in the North Lakes. The race is a classic short sharp Lakeland sprint, being 4.5 miles, but with a brutal 1780 feet of climbing thrown in the mix.

The ladies entry for the race read like a who's who of female fell running, with Bingley's Natalie White coming out top from various current and previous national champions including present champion, Janet McIver.

Richards ran superbly to finish in 6<sup>th</sup> position in the ladies rankings with a time of 47.34, seven minutes behind White.

### **Manx Mountain Marathon/ Rivington Pike**

Press Date 03/04/08

#### ***The Wright Man For Manx Marathon***

Over the Easter weekend a trio of Todmorden runners braved a crossing of the blustery Irish Sea to compete in the Manx Mountain Marathon. The event is a serious undertaking over 33 miles, and traversing the mountainous spine of the island, much of the way unmarked and without paths.

Jon Wright found the course to his liking and had a superb run to finish in 6<sup>th</sup> place overall in a time of 4 hours and 59 minutes, just 15 minutes behind winner Paul Thompson of Clayton Le Moors. Another of Tod's runners with a liking for this kind of tough mountain event, Andrew Horsfall was 25<sup>th</sup> in a shade over 6 hours, whilst James Riley made up the team in 40<sup>th</sup> position with a time of 6 hours and 33 minutes.

These results ranked the Harriers in a 3<sup>rd</sup> position, behind only a very strong teams from Clayton and the local Manx Fell Runners.

In an example of the diversity of the fell running world, whilst these three were on the Isle of Man, another of the elite Harriers was making waves in a very different type of event. Chris Smale had a superb run at the four mile Rivington Pike Fell Race, near Bolton. His time of 19 minutes and 10 seconds saw him place 9<sup>th</sup> amongst a 300 strong field drawn from the very top drawer of the fell running world.

### **Oldham Half Marathon/Liver Hill/ Baildon/Coniston 14/Bunny Run One**

Press date 10/04/08

Todmorden Harriers have been scattered across an eclectic selection of races recently, with some good individual performances recorded.

In the frenetic dash that is the Bunny Run One , Paul Brannigan continued his journey back to form by finishing 35<sup>th</sup> in the 250 strong field in a time of 20:08, four minutes behind race winner Andi Jones of Salford. Another Harrier competing in the Bunny Run was Oxenhope's Martin Roberts who escorted his daughter, junior runner Annie around the course to finish in 27:20. However, a few days later Roberts was running in his own right and put in a fine performance at the 13-mile Baildon Boundary Way Trail race, finishing 33<sup>rd</sup> in a quality field in a time of 1:35:43.

There were also a brace of good runs at the 5-mile Liver Hill Fell Race in Rossendale. Chris Smale completing in 35:40, which gave him 4<sup>th</sup> place and first veteran, in a race won in 34:24 by Darren Kay of Horwich RMI. Todmorden youngster Sean Carey also had a promising run, coming in 15<sup>th</sup> place the 156 strong field, just three minutes behind the winner.

Away from the fells, the club's Road Championship continued at a pace, with last Sunday's Oldham Half Marathon.

Richard O'Sullivan, one of this year's championship pace setters was first Harrier home in 1:42:46 with club mate Melanie Siddal following in 1:51:56. Veteran 60 Peter Ehrhardt was next across the line in 1:54:33, giving him 90<sup>th</sup> position in the 138 strong field. Steve Burnip completed the Harriers contingent, stopping the clock in 1:56:23.

Elsewhere, there was more success on the roads, courtesy of Chris Preston who travelled to Cumbria to compete in the highly regarded Coniston 14 Road Race, finishing 7<sup>th</sup> lady in a time of 1:40:12.

## My Trip to Black Hell (Coombe)-March 2008.

I have been trying to catch the "fell-running bug" for a while. Others can do it, why can't I? I quite enjoyed the Trog and so thought 2008 could be the year I really get the bug-I realise now the lovely weather and modest hills of Yorkshire had a good deal to do with it!!

Phil and Mandy kindly drove up to the Lakes-I volunteered to sit in the middle, hoping some of Kath's fast descending and Rhys' stamina might rub off!! I tried to gain as many "tips" from the carload of seasoned fellrunners as possible. I still panicked, however, when we registered and splashed out on a proper Pete Bland map of the route with compass bearings on. Although I felt more prepared at the time, it was as less use than a piece of loo paper as it was far too windy and wet to read it at all!!

We set off (what's new) in a muddy field-I was fine with this but could see the steep hill ahead (deep intake of breath at what others had described "as the short hill which you don't really count"). As I climbed on all fours, the horrors of the Duddon Disaster I had done last Summer came flooding back!! My hands hurt (from all the Innovates and Walshes which had trodden on them!!), my legs were burning and most people had past me-even the black jelly baby struggled to lift my despondency.

Still the start was a breeze( literally) compared to the long steep climb to come, the driving hailstones, 70mph winds and frozen hands. It is, without doubt, the worst couple of hours I have ever spent but I did finish (unlike certain well known local runners I was not disqualified!). When I finally emerged from the wind, cheese and onion pie has never tasted so good!

I have nothing but awe, admiration, respect and a little envy for all those who ran well and some who even enjoyed it!! (nuts!!). Still I did learn a lot and am determined to do better-Chris has very kindly promised to take me back to Black Coombe on a better day!! Before I do, however, there are an A-H of things I will make sure I do (I appreciate this is stating the obvious to all you experienced fellrunners and I apologise-just make sure I do these and I might finish with a smile on my face!!)

A- Always recce!! I had never been to Black Coombe or the surrounding area. Those who had recce had a real advantage at the Summit as they knew the line to take to descend, whilst I stood on the top (with a group of 10 or so other hopeful souls waiting for inspiration!) Thanks to those long suffering souls who went round the route of Midgley Moor.

B- Beware sunny starts (especially if worse weather forecast!) "Oh its only an hour or two!" I thought as I set off in shorts above the knee and thin base layer. As we climbed up the weather closed in-the hailstones made it difficult to see the next person in front and the wind made it hard to stand up! I was frozen. I was so cold (especially my hands!) that I could not do up my bum bag and had to run down with the contents-water, water-proofs, ap etc in my hand. Well that's my excuse for the super-slow descent anyway!!

C- Climb up straight. All fours is a very bad idea, unless you like bruised hands! I need to learn to climb up the slope, not side to side. So next time you see me on an ascent I will be chanting "Can climb, will climb straight up!!"

D- Do not wait until the top to put your waterproof on. At the top it was far too windy-I spent ages grappling with my waterproof. Eventually I gave up and tied it round my neck like a sail. Afterwards someone gave me a top tip-get the waterproof ready to put on in your bum bag so zip is done up, right way out etc. Doh!! Why didn't I think of that!!

E- Expect the unexpected!! More of the same I guess. I am just glad I didn't attempt the Edale Skyline last year in the snow and driving winds! Still my next fell experience cannot be as bad!

F- Fresh legs. I should have known better-I treated Black Combe as my weekend run. I didn't taper at all-I had still run 3 times earlier in the week-including speed training and a double PE session at school. So in the week before the Three Peaks I need to be carried everywhere in a sedan chair!!

G- Get going. This is a note to myself really. When most people start passing me I need to dig deep and try to keep close to them, rather than giving up and walking! I would learn from their uphill technique too!

H- Hurrah and Hug someone! I plan to do this whenever I finish a fell race (so watch out!!) and, of course, like Claire suggested, enjoy a large glass of wine!!

So here's to my improving as a fell runner in 2008 (despite Black whatever!!) and catching the "fell running" bug!!

*Mel Blackhurst*

# Cryptic Quiz Time

*Right Children, pens out and eyes down. Stop fiddling with your trousers at the back!*

*I always feel there's not nearly enough running themed cryptic quizzes in the world, so as a move to rectify this I've come up with an exercise that allows a worrying peek inside the random workings of my brain.*

*All you have to do is work out the race hiding in the cryptic description, there are some fell, some road, and some trail, so no-one need feel left out. We've given you the first one to get you going, the rest is up to you.*

**Clue-All the races have been in the Grand Prix in the last few years (secondary clue-old Torriers have GP tables)**

- 1 Have a loan of Mr Winton **Borrowdale (Borrow-Dale. Geddit??)**
- 2 A suitable race for someone who works in a mint
- 3 The meadow in which the fete's usually held, maybe a blacksmith lives there too?
- 4 Has Paris' girlfriend married royalty?
- 5 Ageing pig gets 50% of snickers
- 6 Gordons' coal mine, a bit like the Jacksons
- 7 Small sea bird (maybe Artic?) in a village near Heptonstall, but actually closer to Littleborough
- 8 Dance around again this time next year
- 9 Catweazle actor visits trail where you could notch a 4 or a 6
- 10 Put ten thousand under the ground?
- 11 Ann, Charlotte, and Emily sat in the corner with little Jack Horner, but he ate all the curds. They got what was left.
- 12 Special Agent Dale Cooper only had two identical ones , this year we're going for the trio
- 13 Genus Corvus on the high ground just above Mytholmroyd
- 14 Mr Laurel laid to rest on wet Peniston Hill
- 15 Both's stealing technique demonstrated
- 16 A chicken Godfather checks out poet Rupert
- 17 Irishman with a friend from Warsaw in the English Fell Champs last year
- 18 The trackster man gets a bus pass five thousand times
- 19 Benevolent deity or skilled triallist, I dunno which
- 20 Alf White's track run up in North Yorkshire

*If anyone can be bothered to complete this and return it to Magnus Duffield, an alcohol based prize will be given to the person with most correct. If there are more than two people with them all correct, I'll put both names in a hat, become depressed that the clues weren't hard enough, drink the wine myself, and then feel bad.*

*But I bet no-one gets them all...*

*My details are in the press reports bit, or click on the link on the website, or cast it into the wind muttering arcane incantations, or just hand the form to me at pack runs.*

# CAPTION COMPETITION

## And the winner is...

The inaugural CVFR "Mid-Winter Madness Man Vs Midget" event was declared a draw, proving once and for all that size really does not matter



**Well done to John Preston, who wins the prestigious accolade of Toddies Caption King, not to mention a lovely bottle of wine!**

**As you can see from the runners up below, it was a very tough decision...**

- Come with me my tiny friend, I know a short cut back to Lilliput (Richard Blakeley)
- Its okay Alan we can hold hands now Jane is well in front (Dave Collins)
- Richard Leonard - fell running giant (Kath Brierley)
- Richard Leonard finds out why you should never wash fell runners on a boil wash (Colin Duffield)
- That Allan Greenwood, he's only half the fell runner he used to be (Paul Brannigan)
- One menace in the hand is worth two in the valley (Rhys Watkins)
- As captioned in the Hebden Bridge Times by our roving reporter: *Rich Lender, a polish constable from Manyholes aged 59, just in front of Len Grinnard, a lithe sprinter from Walifax, aged 14* (Phi "Batman" Hodgson)



## Message from the Membership Secretary:

Well, we're reaching the half way point in the subscriptions renewal process and a good many of you have kept my postman busy returning your forms. At the time of writing, 55% of you to be precise, have renewed your subs for 2008.

Being an optimist, I am expecting the rest of you will continue to grace my doorstep with completed forms during the coming weeks. In my first term as Membership Secretary, I am looking forward to reporting on a healthy renewal rate at the next committee meeting.

Don't worry if you've mislaid your renewal form. Just contact me at either [claire@todharriers.co.uk](mailto:claire@todharriers.co.uk) or on 01422 846593 and I'll make sure I get a replacement to you asap.

Remember, the deadline for renewals is May 31<sup>st</sup>.

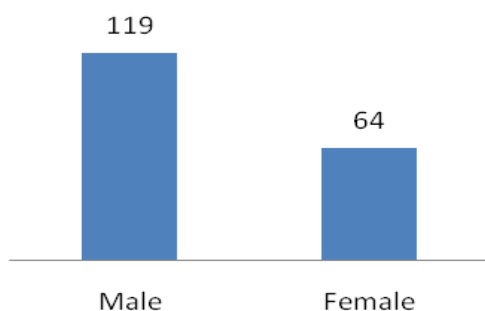
Finally, for those of you with a liking for stats, I have included some Toddy trivia below from the current membership list.

Best wishes,

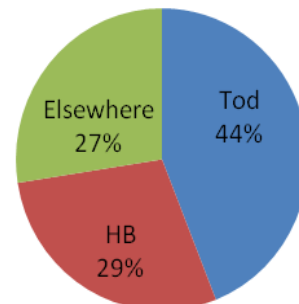
Claire Duffield

**Total Harriers membership: 183**

**Male/Female members**

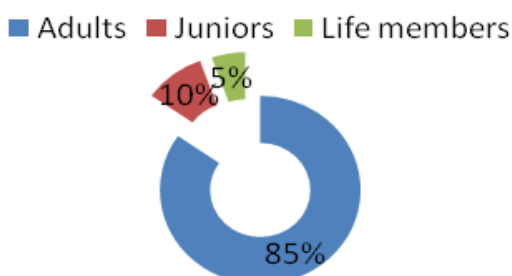


**Percentage living in Tod, Hebden Bridge or somewhere else**



**20 new members have joined since December 2007**

**Membership types**



Average age of adult members = 48

Youngest junior = 6

Youngest senior = 18

Oldest member = 80

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Refreshments Spot Prizes Drinks Station

Due to the Nature of the Course - Sorry no Wheelchair Entries

FOR MORE INFORMATION PHONE MICHAEL CHILDE ON 01924 400125 OR PETER KNOTT ON 01924 401147

### PRIZES

1st 5 Men 1st 5 Ladies

TROPHIES TO VETERANS GROUPS  
THEREAFTER

MALE VETS :- 0/40 0/45 0/50 0/55 0/60 0/65

FEMALE VETS :- 0/35 0/40 0/45 0/50 0/55 0/60

1st MALE and 1st FEMALE TEAM  
(3 TO COUNT)

MEMENTO TO ALL FINISHERS

### ENTRY FEES

£5.00 Attached £7.00 Unattached £1.00 Extra on the Day  
Entries on the Day will be Eligible for Prizes

### RACE LIMIT 150

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Due to new postage charges, please enclose an A5 envelope (240x160) with a 1st class stamp  
for directions and information.

If you wish to receive the information via E-MAIL instead, please enter your e-mail address  
on the entry form.

[www.Roberttownroadrunners.co.uk](http://www.Roberttownroadrunners.co.uk)

Please enclose a stamped addressed envelope 8x6 for number, directions and information.

### ENTRY FORM

First Name .....

Surname .....

Address .....

.....

.....

Post Code .....

Tel No .....

UKA Club .....

Male/Female ..... Age .....

Date of Birth .....

RACE ENTERED 7 MILE.....

MINIMUM AGE FOR THE 7 MILE RACE IS 16

I Declare that I am an amateur as defined by U K Athletic rules. I certify that I am fit to run and  
understand that the organisers will in no way be held responsible for any injury or illness during the event.

Signed ..... Date .....

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